

Wrist Hypothermia Related to Continuous Work with a Computer Mouse: A Digital Infrared Imaging Pilot Study



Figure S1. A horizontal computer mouse without a mouse pad (1st ergonomic scenario).



Figure S2. A horizontal computer mouse with a mouse pad and padded wrist support (2nd ergonomic scenario).



Figure S3. A vertical ergonomic computer mouse without a mouse pad (3rd ergonomic scenario).

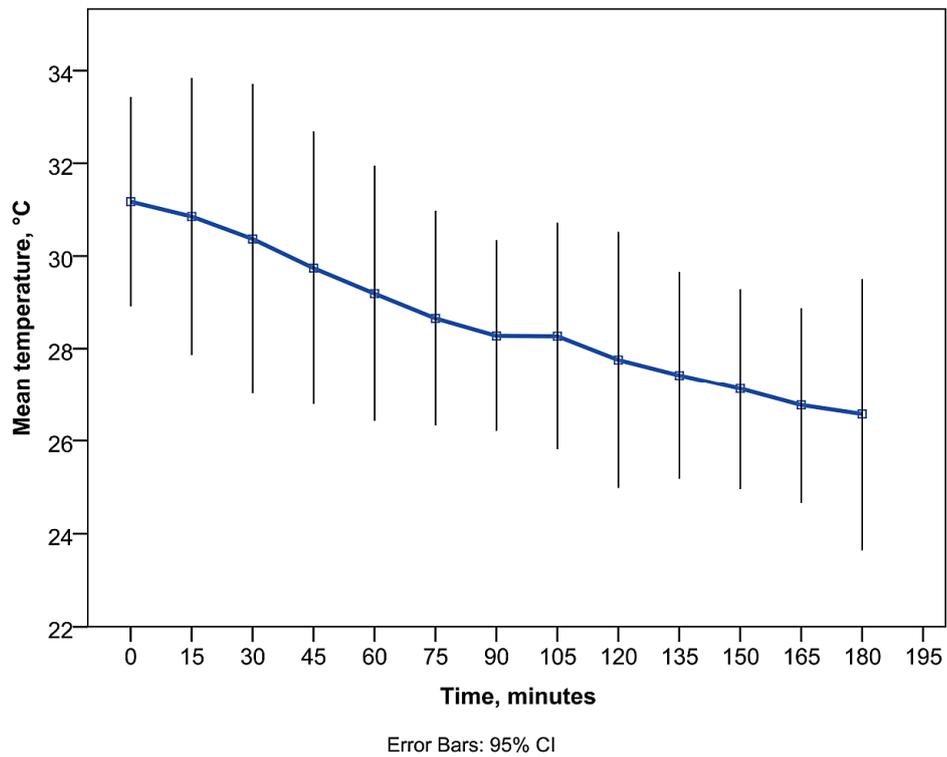


Figure S4. The dynamics of skin temperature changes of the wrist dorsal surface during work with a horizontal computer mouse without a mouse pad (mean temperature in the region of interest and 95% confidence intervals (CI) are shown by error bars).

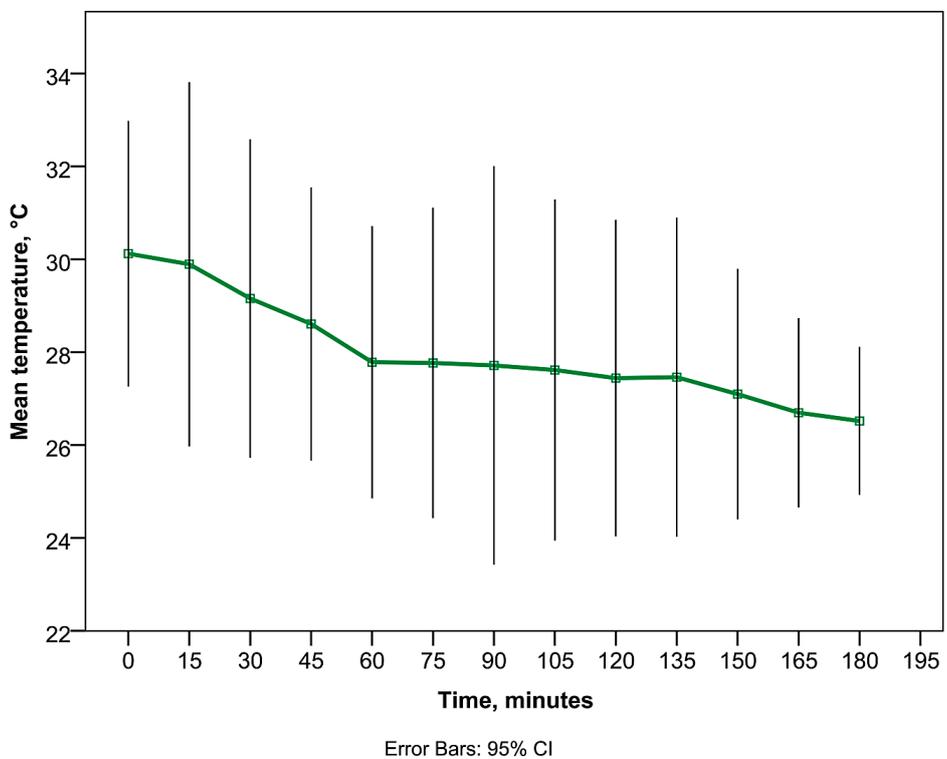


Figure S5. The dynamics of skin temperature changes of the wrist dorsal surface during work with a horizontal computer mouse with a mouse pad and padded wrist support (mean temperature in the region of interest and 95% confidence intervals (CI) are shown by error bars).

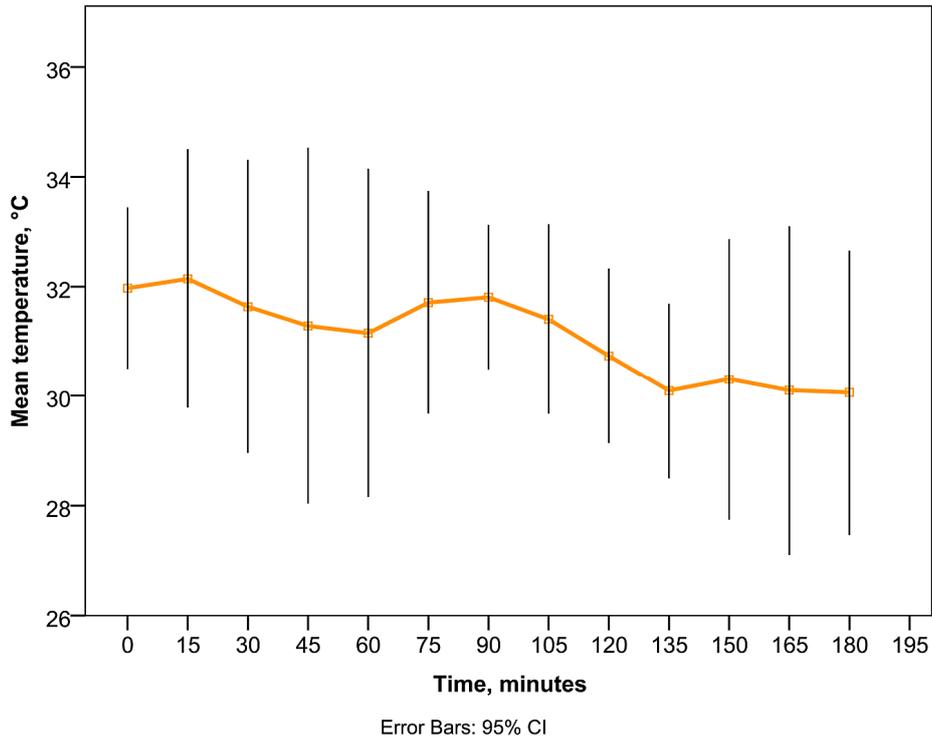


Figure S6. The dynamics of skin temperature changes of the wrist dorsal surface during work with a vertical ergonomic computer mouse without a mouse pad (mean temperature in the region of interest and 95% confidence intervals (CI) are shown by error bars).

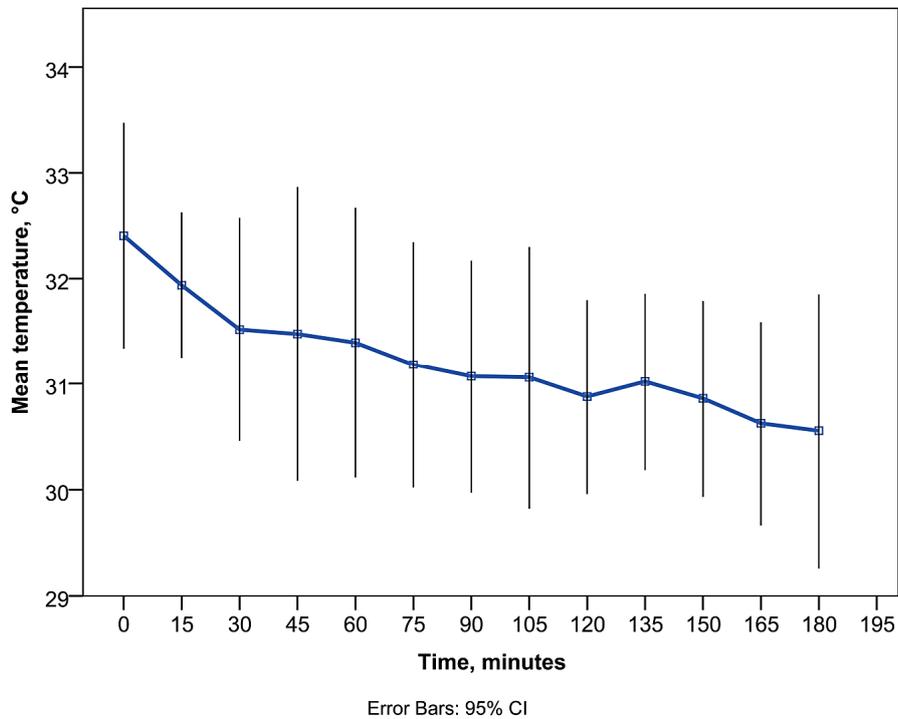


Figure S7. The dynamics of skin temperature changes in the lateral surface of the proximal half of the right forearm during work with a horizontal computer mouse without a mouse pad (mean temperature in the region of interest and 95% confidence intervals (CI) are shown by error bars).

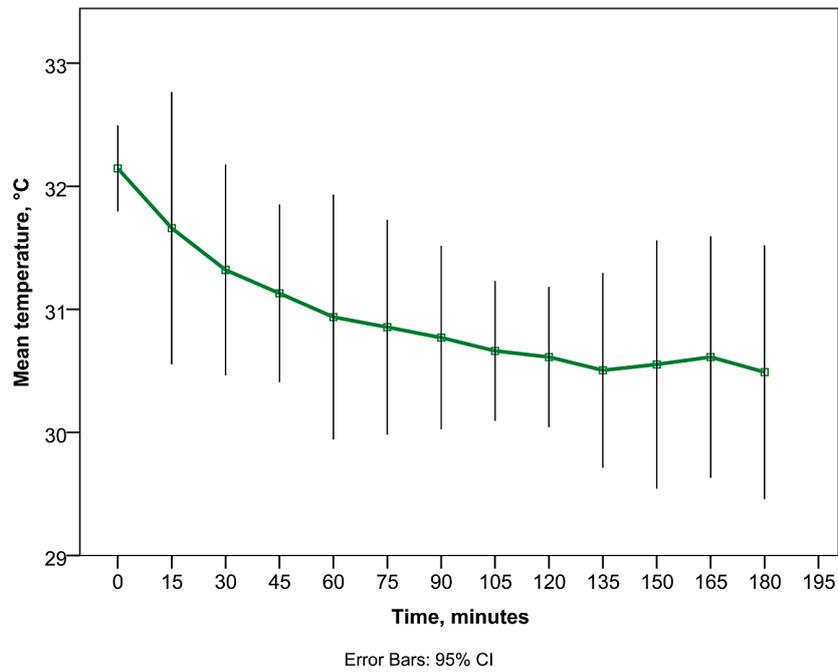


Figure S8. The dynamics of skin temperature changes in the lateral surface of the proximal half of the right forearm during work with a horizontal computer mouse with a mouse pad and padded wrist support (mean temperature in the region of interest and 95% confidence intervals (CI) are shown by error bars).

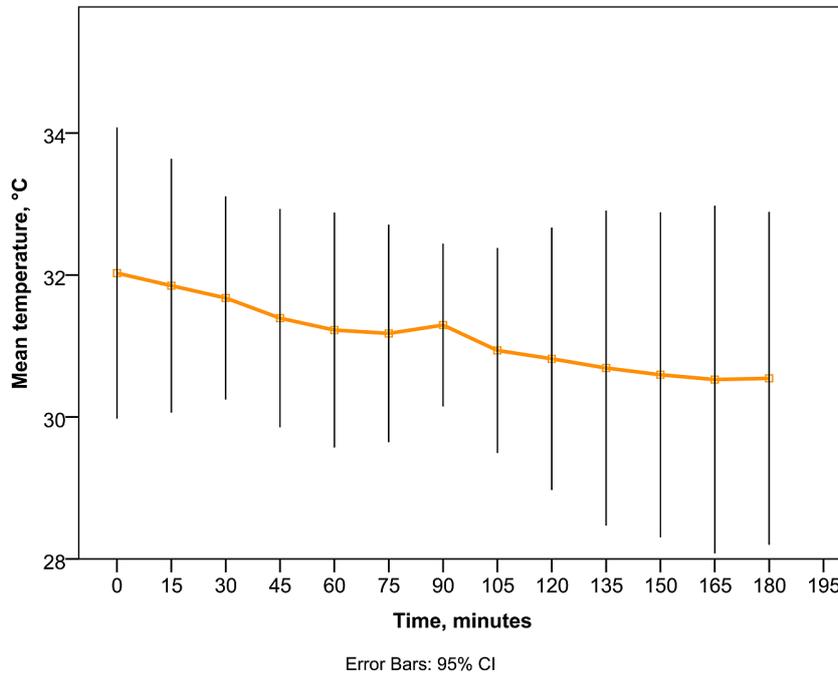


Figure S9. The dynamics of skin temperature changes in the lateral surface of the proximal half of the right forearm during work with a vertical ergonomic computer mouse without a mouse pad (mean temperature in the region of interest and 95% confidence intervals (CI) are shown by error bars).

Table S1. Skin surface minimal temperature in the distal portions of the right fingers for each study participant at the start and after three hours, divided by different ergonomic setups and gender (actual temperature (°C) and percentage of temperature decrease from the start of work are shown).

Ergonomic Scenario	Right Hand					
	Males			Females		
	At the Start	After 3 Hours	%	At the Start	After 3 Hours	%
horizontal computer mouse without mouse pad	32.15	24.13	−25.7%	28.30	22.40	−20.8%
horizontal computer mouse with mouse pad and padded wrist support	31.30	19.60	−37.4%	23.50	23.60	+0.4%
vertical ergonomic computer mouse without mouse pad	33.55	23.14	−31.0%	28.40	23.32	−17.9%
	31.40	31.30	−0.3%	31.62	26.49	−16.2%

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